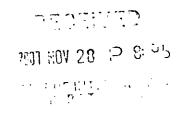


Securities and Exchange Commission Office Of the International Corporate Finance Room 3094 STOP 3-6 450 Fifth Street N.W. Washington DC 20549 USA



Sainsbury's Supermarkets Ltd 33 Holborn · London ECIN 2HT

Telephone 020 7695 6000 Fax 020 7695 7610 www.sainsburys.co.uk

Ext:

020 7695 6378

Fax:

020 7695 6378

Date:

14 November 2007

SUPPL

Dear Sir

J <u>Sainsbury Announces: Notification of Transactions of Directors, Persons</u>
<u>Discharging Managerial Responsibility or Connected Persons.</u>

Please find enclosed a copy of the above announcement made to the London Stock Exchange on 14 November 2007.

Yours sipeerely

Hazel Jarvis Deputy Secretary

Enc

PROCESSED

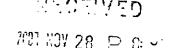
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THOMSON FINANCIAL

> Registered office as above Registered number 3261722 England A subsidiary of J Sainsbury plc

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NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS



This form is intended for use by an issuer to make a RIS notification required by DR 3.1.4R(1).



- (1) An *issuer* making a notification in respect of a transaction relating to the *shares* or debentures of the *issuer* should complete boxes 1 to 16, 23 and 24.
- (2) An *issuer* making a notification in respect of a derivative relating the *shares* of the *issuer* should complete boxes 1 to 4, 6, 8, 13, 14, 16, 23 and 24.
- (3) An issuer making a notification in respect of options granted to a director/person discharging managerial responsibilities should complete boxes 1 to 3 and 17 to 24.
- (4) An *issuer* making a notification in respect of a *financial instrument* relating to the *shares* of the *issuer* (other than a debenture) should complete boxes 1 to 4, 6, 8, 9, 11, 13, 14, 16, 23 and 24.

Please complete all relevant boxes in block capital letters.

1. Name of the issuer

J SAINSBURY PLC

- 2. State whether the notification relates to
- (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
- (ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
- (iii) both (i) and (ii)
- (iii) both (i) and (ii)
- 3. Name of person discharging managerial responsibilities/director

MARY HARRIS

- 4. State whether notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person* N.A.
- 5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest¹

HOLDING IN RESPECT OF MARY HARRIS

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

ORDINARY SHARES OF 28 4/7 PENCE

- 7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them M E HARRIS and R BECKER
- 8. State the nature of the transaction

PURCHASE OF SHARES

Number of shares, debentures or financial instruments relating to shares acquired
 5.000

10. Percentage of issued class acquired (treasury shares of that class should not be taken into account when calculating percentage) N.A. 11. Number of shares, debentures or financial instruments relating to shares disposed N.A. 12. Percentage of issued class disposed (treasury shares of that class should not be taken into account when calculating percentage) N.A. 13. Price per share or value of transaction 412.346 pence 14. Date and place of transaction 14 NOVEMBER 2007 15. Total holding following notification and total percentage holding following notification (any treasury shares should not be taken into account when calculating percentage) 5,000 ORDINARY SHARES 16. Date issuer informed of transaction **14 NOVEMBER 2007** If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes 17. Date of grant 18. Period during which or date on which it can be exercised 19. Total amount paid (if any) for grant of the option 20. Description of *shares* or debentures involved (class and number)

21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise

22. Total number of shares or debentures over which options held following notification

23. Any additional information

24. Name of contact and telephone number for queries

HAZEL JARVIS

020 7695 6378

Name and signature of duly authorised officer or issuer responsible for making notification

HAEL JARVIS

DATE OF NOTIFICATION 14 NOVEMBER 2007

NOTIFICATION OF TRANSACTIONS OF DIRECTORS, PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY OR CONNECTED PERSONS

This form is intended for use by an issuer to make a RIS notification required by DR 3.1.4R(1).

- (1) An *issuer* making a notification in respect of a transaction relating to the *shares* or debentures of the *issuer* should complete boxes 1 to 16, 23 and 24.
- (5) An *issuer* making a notification in respect of a derivative relating the *shares* of the *issuer* should complete boxes 1 to 4, 6, 8, 13, 14, 16, 23 and 24.
- (6) An issuer making a notification in respect of options granted to a director/person discharging managerial responsibilities should complete boxes 1 to 3 and 17 to 24.
- (7) An issuer making a notification in respect of a financial instrument relating to the shares of the issuer (other than a debenture) should complete boxes 1 to 4, 6, 8, 9, 11, 13, 14, 16, 23 and 24.

Please complete all relevant boxes in block capital letters.

1. Name of the issuer

J SAINSBURY PLC

- 2. State whether the notification relates to
- (i) a transaction notified in accordance with DR 3.1.4R(1)(a); or
- (ii) DR 3.1.4(R)(1)(b) a disclosure made in accordance with section 324 (as extended by section 328) of the Companies Act 1985; or
- (iii) both (i) and (ii)
- (iii) both (i) and (ii)
- 3. Name of person discharging managerial responsibilities/director

GARY HUGHES

- 4. State whether,notification relates to a *person* connected with a *person discharging managerial responsibilities/director* named in 3 and identify the *connected person* N.A.
- 5. Indicate whether the notification is in respect of a holding of the *person* referred to in 3 or 4 above or in respect of a non-beneficial interest¹

HOLDING IN RESPECT OF GARY HUGHES

6. Description of *shares* (including *class*), debentures or derivatives or financial instruments relating to *shares*

ORDINARY SHARES OF 28 4/7 PENCE

- 7. Name of registered shareholders(s) and, if more than one, the number of *shares* held by each of them GARY HUGHÉS
- 8. State the nature of the transaction

PURCHASE OF SHARES

9. Number of *shares*, debentures or financial instruments relating to *shares* acquired **2.500**

10. Percentage of issued *class* acquired (treasury shares of that class should not be taken into account when calculating percentage)

N.A.

- 11. Number of *shares*, debentures or financial instruments relating to *shares* disposed **N.A.**
- 12. Percentage of issued *class* disposed *(treasury shares* of that *class* should not be taken into account when calculating percentage)

N.A.

13. Price per share or value of transaction

416.07 pence

14. Date and place of transaction

14 NOVEMBER 2007

15. Total holding following notification and total percentage holding following notification (any *treasury shares* should not be taken into account when calculating percentage)

18,135 ORDINARY SHARES

16. Date issuer informed of transaction

14 NOVEMBER 2007

If a person discharging managerial responsibilities has been granted options by the issuer complete the following boxes

- 17. Date of grant
- 18. Period during which or date on which it can be exercised
- 19. Total amount paid (if any) for grant of the option
- 20. Description of shares or debentures involved (class and number)
- 21. Exercise price (if fixed at time of grant) or indication that price is to be fixed at the time of exercise
- 22. Total number of shares or debentures over which options held following notification
- 23. Any additional information
- 24. Name of contact and telephone number for queries

HAZEL JARVIS

020 7695 6378

Name and signature of duly authorised officer or issuer responsible for making notification

HAZEL JARVIS

DATE OF NOTIFICATION 14 NOVEMBER 2007

